



## CONSULTANTS IN MEDICAL ONCOLOGY AND HEMATOLOGY, PC

John D. Sprandio, MD  
Robert K. Roush, Jr., MD  
Michael M. Mikhail, MD  
Marc A. Rovito, MD

Stephen A. Shore, MD  
Peter D. Ennis, MD  
Jakub Svoboda, MD  
Mary Denshaw-Burke, MD

Rajesh Thirumaran, MD  
JoAnn A. Flounders, CRNP  
Regina D. Poole, CRNP  
Brook H. Batzel, CRNP

Anne Matthews, OTR  
Jacqueline Connor, Bus Mgr  
Lorey Keeney, Billing Mgr

## NAIL CHANGES DUE TO TREATMENT of CANCER

### NAIL CHANGES OF THE FINGERS OR TOES INCLUDE:

- Discoloration and ridges in nails, or brittle and cracked nails.
- Swelling, pain & redness around nail, cuticle or hang-nail, possibly with pus or drainage.

### NAIL CARE:

- Avoid frequent contact with water or harsh chemicals.
- Trim nails and keep nails clean.
- Apply thick, alcohol-free emollient cream or moisturizer to hands & cuticles TWICE per day, such as:  
Eucerin cream, Cetaphil cream, Aquaphor ointment, Bag Balm, Udderly Smooth Udder Cream,  
Vaseline Intensive Care Lotion, Zim's Crack Crème, Vanicream, Cutemol.
- If fissures develop on tips of fingers or toes, apply Liquid Band-aid to the cracks.

### PREVENTION of trauma to nails and cuticles:

- Avoid biting or picking nails, hangnails, or cuticles.
- Wear well-fitting shoes or sneakers or sandals.
- Arrange evaluation by the podiatrist if you have ingrown toenails.

### TREATMENT OF areas of swelling, pain, redness, and possibly pus around nail:

- Warm soaks four times per day until resolved.
- Apply Bactroban or Neosporin antibiotic ointment to affected area 3 to 4 times per day.
- If no allergy to acetaminophen, may take 650 mg Acetaminophen every 4 hours as needed for pain.
- If no allergy to ibuprofen, may take 400 mg Ibuprofen (with food) every 6 hours as needed for pain.

### PRESCRIBED MEDICATIONS:

- Oral antibiotics may be prescribed for you. Please follow instructions.

### WHEN TO CALL:

- Please call if you are concerned - on any day -at any time- about any issue!
- Please call EARLY if you are not well, so that office visit may be scheduled if needed.
- Temperature above 100.4.
- You are unable to complete your usual daily activities due to your nail or skin changes.
- You have uncontrolled discomfort or pain.